CENTRAL COAST SECTION TRACK AND FIELD CHAMPIONSHIPS INFORMATION BULLETIN

PLACE: San Jose City College DATE: Friday, May 24, 1974 TIME: See enclosed schedule

ROST: Leland High School, Santa Teresa Athletic League

TRACK SURFACE: Rubberized as-halt, 8x42" lanes, Olympic starting alignment. RUNWAY SURFACES: Tartan for long, triple, high jump, and note wault.

THROWING SURFACES: Concrete

1/4 inch snikes: All athletes will be checked for 1/4" snikes before being allowed to commete on either the tartan or asnhalt.

SCRATCHES: If any qualifier is unable to commete in the trials or finals, notify your regional director as soon as mossible so the alternate can be notified. Alternates will be inserted into the land or flight vacated by the athlete he is remlacing.

BARDSHID CASES: There is no provision for granting hardshins in the Section meet. An athlete must commete in the C.C.S. if he is to advance to the State Meet.

COACHES PACKET: Should be picked up at athletes gate upon arrival.

WEIGH INS: All shot and discus commetitors will weigh in their implements at the table by the athletes gate between 2:30 and 3:00.

Implements that do not meet all specifications of weight, size, dismeter, etc. will be confiscated until the events are completed.

EQUIPMENT CHECK: All note vaulters will be required to have their vaulting notes checked by the event judge to insure take restrictions are not violated. High jumpers will be checked by the event judge to insure their shoes conform to legal standards

UNIFORMS: All athletes must commete in the school's uniform, and you are reminded that shoes are required equipment.

DRESSING FACILITIES: If mossible have your athletes dress at home. The locker room will be onen but locks and towels will not be provided.

ENTERING STADIUM: Coaches and athletes will be admitted at the West gate near the baseball field, Hands will be stammed for re-entry.

PASSES: The only masses that will be honored are the C.C.S. passes.

ADMISSION: Adults: \$2,00, Students: \$1,00.

pROGRAMS: programs will be sold at the stadium for 50g

WEATHER: The meet will go on rain or shine

warm un area west of the track, or on the baseball outfield. Athletes will not be allowed on the track prior to reporting to the clerk of the course Only athletes actually involved in competition will be allowed on the stadium field, and they must return to the stands upon completion of their event.

SEATING: Coaches and athletes must sit in the North bleachers (pressbox side). Athletes and coaches will not be allowed on the field (this is defined as the area from lane 8 through the infield) unless they are actually commeting. Non-compliance with this rule will result in disqualification.

QUESTIONS/PROBLEMS: If any coach has any questions or problems regarding the conduct of the meet he should report them to the Referee, Charles Sullivan, who will be in the press box.

CALLS FOR EVENTS: First and last calls will be given for each event. First call will be given 15 minutes before the start of the race. Last call will be given 5 minutes before the start. All contestants must report to the clerk of the course no later than the last call (see track diagram for the location of the clerk of the course). Any athlete not reporting on time will be scratched, and lane assignments will not be adjusted. Men and women contestants will be called at the same time.

CONTESTANTS DOUBLING: If a contestant is entered in a track and field event at the same time, he should first clear with the field event judge, then report to the clerk of the course. He must report back to the field event immediately after the completion of the running event. He will be allowed 10 minutes to recover before recuming competition in the field event.

ANARDS: Awards will be presented immediately following the completion of the event. Track contestants will be taken directly from the finish line to the awards stand for their medals. Field event contestants will be taken to the stand immediately after the completion of the event. Five places will receive medals.

SCORING: Scoring will be: 6, 4, 3, 2, 1, in all events.

oNOTO FINISH: A sequential polareid camera will be used on close finishes to aid the judges in determining the order of finish.

TIES: Ties will be resolved in accordance with the National Alliance rule book, or in the case of vertical jumning events by pre-determined jumn-off procedures. Ties in running races will be settled by a run-off on the following Monday at a site and time to be decided by the meet director.

STARTING BLOCKS: Blocks will be provided and only those blocks may be used.

RELAY BATONS: Bring your own batons (They must conform to specifications).

CONCESSION: A concession stand will be in operation during the meet. Only officials will receive meal tickets. Coaches and athletes must make provision for their own meals.

The following procedures were decided upon by the C.C.S. track consists composed of the four regional directors, the section director, and the section Commissioner. This group will function as the games committee if needed.

RUNNING EVENTS REQUIRING TRIALS:

100

100, 80 LH, 120 HH: Two equal heats, top 4 qualify for finals, seeded by place and time from regionals, with regional winners seeded first, then seconds, etc. Fastest first: lane 4 heat 1, second fastest first: lane 4 heat 2, third fastest first: lane 5 heat 2, etc. Finals seeded by time only: 4-5-3-6-7-1-8.

220, 180 LH (turn), 440 Reley: Two equal heats, top 4 qualify for finale, seeded by place and time from regionals just as flat races, but lanes will be assigned: 2-3-4-5-6-7-8-1.

RUNNING EVENTS RUN IN SECTIONS, FINALS ONLY:

440. Mile Relay: Modified slow/fast sections, finals only, placing decided by time. Fast Heat will be composed of all regional winners in lanes 2 through 5 by time, and the next four fastest qualifying times in lanes 6 through 8 and 1. Slow Heat will be composed of the remaining runners/teams, seeded in lanes 2 through 8 then back to 1 by time only. In mile relay the second runner may break after the exchange in accordance with rule book.

RUNNING EVENTS, FINALS ONLY:

880, Mile: Finals only, 2 turn stagger, runners seeded on basis of qualifying place and time; fastest first in lane 1, second frstest first in lane 2, etc. First fastest third in lane la (shoulder-to-shoulder in 42° lant), etc.

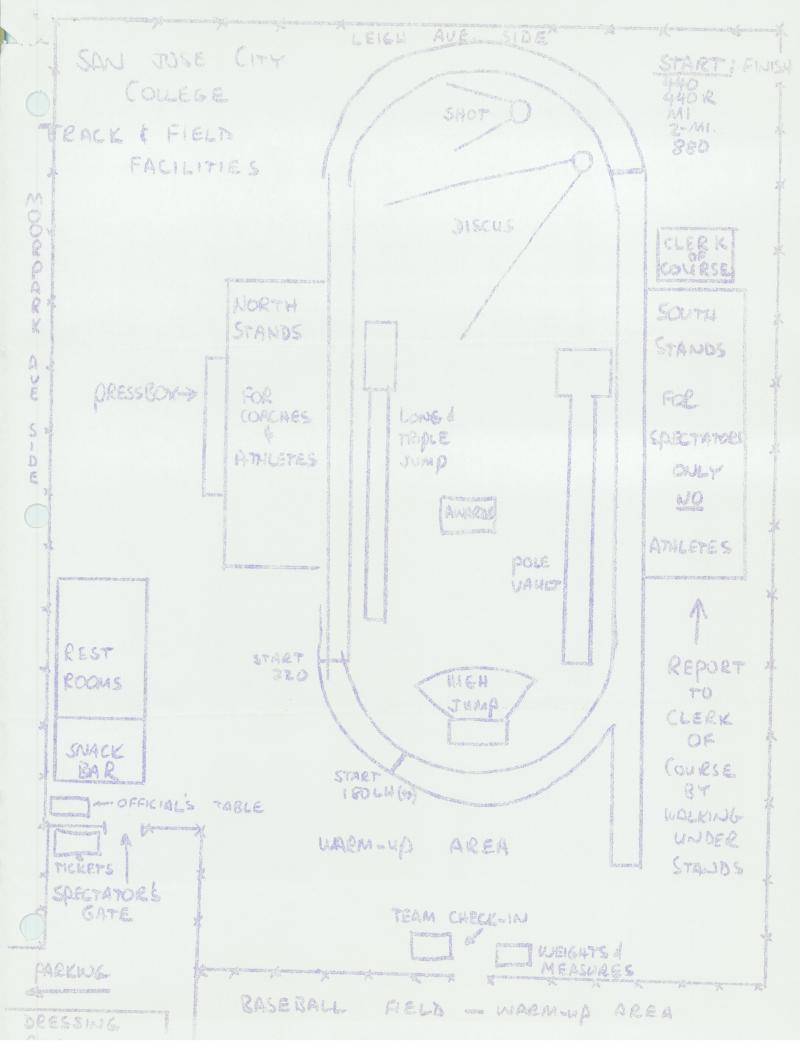
Two Mile: Finals only, Olympic scratch line start (same as in State), runners seeded two-to-a-lane from inside out, by place and time from regionals.

FIELD EVENTS:

Shot, Discus, Long Jumn, Triple Jumn: Seeded from 1 to 16 on basis of regional qualifying marks, with best mark last, broken into flights of five, five, and six, with each flight taking its three trials before moving to the next flight. The ton flight in all cases will be last, and the best six from the trials will take three final efforts in inverse order of standings at end of trials. Each fair attempt will be measured, and the two minute time limit will be observed. Athletes competing in running events must check out with event judge, and they will be given a maximum of 10 minutes to recover from the end of their race.

High Jump, pole Vault: Seeded from 1 to 16 on basis of regional qualifying marks, with best mark last, broken into flights of five, five, and six. The starting heights will be the height attained by the lowest qualifier from the regionals. Each flight will complete its attempts at the starting height before moving to the next flight. When the number of competitors remaining decreases the judge will adjust flights accordingly. The two nimute rule will be in effect. Ties for first of C.I.F. qualifying will be resolved by the tie-breaking procedures in the rule book, or by pre-determined jump off heights if still unresolved.

Run-throughs, mractice throws, jumes, vaults: Only one practice trial will be allowed each contestant between flights so step must be perfected prior to the start of competition.



Central Coast Section Championships Order of Events

Afternoon Running Event Trials:

- 3:00 Varsity 440 Relay (2 heats)
- 3:20 Varsity 120 H.H. (2 heats)
- 3:40 Varsity 100 Yd. Dash (2 heats)
- 4:10 Varsity 180 L.H. on turn (2 heats)
- 4:30 Varsity 220 Yd. Dash (2 heats)

Afternoon Field Events:

- 3:00 Varsity Discus to completion
- 3:00 Varsity Long Jump to completion
- 3:00 Girl's Shot put to completion
- 5:00 Varsity Pole Vault to completion
- 6:00 Girl's High Jump to completion
- 6:00 Girl's Long Jump to completion

Evening Running Event Finals:

- 7:00 Girl's 80 Yd, Hurdles
- 7:10 Girl's 440 Yd. Relay
- 7:15 Boy's 440 Yd, Relay
- 7:20 Boy's 120 Yd. High Hurdles
- 7:30 Girl's 880 Yd, Run
- 7:40 Boy's 880 Yd Run
- 7:50 Girl's 100 Yd. Dash
- 8:00 Boy's 100 Yd. Dash
- 8:10 Girl's 440 Yd. Dash
- 8:15 Boy's 440 Yd. Dash (two sections) 8:25 Boy's two Mile Run
- 8:40 Boy's 180 Low Hurdles (turn)
- 8:55 Girl's 220 Yd, Dash
- 9:05 Boy's 220 Yd. Dash
- 9:15 Girl's Mile Run
- 9:25 Boy s Mile Run
- 9:35 Girl's 880 Medley Relay
- 9:45 Boy's Mile Relay (two sections)

Evening Field Events:

7:00 Boy's Shot Put to completion

Boy's Triple Jump to completion following Girl's Long Jump

Boy's High Jump to completion following Cirl's High Jump

If you have any questions about the Section Meet you may contact me at either of the numbers listed below. Good Luck to you and your athletes, and to those top three places fortunate enough to go to the State Meet in Rakersfield,

> ATOM Ton Bell Meet Director Leland High School 268-1313 ext. 21 (bus) 268-0593 (home)